

# HAMSTRING INJURY PROTOCOL

For instructional videos of this protocol, visit [sportsrehab.ucsf.edu](https://sportsrehab.ucsf.edu)



## Hamstring Isometrics

Sit in a chair with your feet flat on the ground. Place one heel slightly in front of you. Push down and in towards the chair. You should feel your hamstring activating. Hold for 5 seconds. Relax and repeat on the opposite side.

Frequency: 2 - 3 x 10 repetitions



## Hamstring Curls

Stand and face a stable surface. Loop the resistance band around your ankle. Step on the other end of the band with your other foot. Bend your knee and lift your foot towards your glute. Slowly lower your foot back to the ground.

Frequency: 2 - 3 x 10 repetitions



## Chair Walks

Sit on a chair with wheels on a hard, flat surface. Extend one leg. Dig that heel into the ground to pull yourself forward. The motion should be similar to walking while seated. You will feel this in your hamstrings.

Frequency: 2 - 3 x 10 repetitions



## Hamstring Sliders

Begin lying down with your knees bent and feet flat, about hip-width apart. Engage your core. Lift your glutes so that your hips are in line with your knees. Using the towel to reduce friction, straighten the knee out. Slowly return to the starting position.

Frequency: 2 - 3 x 10 repetitions

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## Single Leg RDLs

Start in a standing position. Engage your core. Shift your weight to one side and slowly hinge at the hip until you feel a stretch in your hamstring, or your torso is parallel to the ground. Use your glutes to extend your torso back to the starting position. For extra support, hold on to a stable object.

Frequency: 2 - 3 x 10 repetitions